



Nulytely Colon Prep Instructions

The purpose of this prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

Ensure a safe and effective colon prep by following these instructions exactly as directed below.

- At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

Several days before procedure:

- Pick up prescription for Nulytely at pharmacy. A prescription has been sent to your pharmacy.
- Purchase 4 Dulcolax (Bisacodyl) 5 mg laxative tablets. No prescription needed.
- Purchase 125 mg of Simethicone (Gas X). No prescription needed.
- It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.

Three days before procedure:

- Avoid corn, popcorn, and foods with seeds, nuts, raw fruits, and raw vegetables.

Day before / 24 hours before procedure:

- After waking in the morning, start a clear liquid diet, drinking at least 1 large glass (8 oz.) of clear liquids every hour until you go to bed. You may not have any solid foods until after your colonoscopy. No liquids with red, blue, purple, or orange coloring. No alcohol.

Consume only:

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|---------------------------------------|--------------------------------------|
| ○ Apple Juice | ○ Italian Ice (with no fruit pieces) |
| ○ Black Tea/Coffee (No Milk or Cream) | ○ Jell-O |
| ○ Broth | ○ Popsicles |
| ○ Crystal Light | ○ Soda |
| ○ Fruit Juice <i>without</i> Pulp | ○ Water |
| ○ Gatorade / Sport Drinks | ○ White Grape Juice |
| ○ Hard Candy | |

- Prepare Nulytely solution in the morning by adding approximately 4 Quarts of HOT tap water to the fill line on the container. Shake repeatedly to be sure the powder is completely dissolved. Place in refrigerator to cool.

5:00 pm day before procedure:

- Drink 8 oz. (240 mL) Nulytely every 10 minutes, for a total of 3 liters.

9:00 pm day before procedure:

- Take 2 Dulcolax (Bisacodyl) laxative tablets with clear liquids.

10:00 pm day before procedure:

- Take 2 Dulcolax (Bisacodyl) laxative tablets with clear liquids.

Four hours before procedure (may need to wake during night):

- Start drinking 8 oz. (large glass) of Nulytely every 10 minutes for a total of 1 liter and at least 8 oz. (large glass) of clear liquids. The timing of this dose is important and should not be altered.
- Immediately drink 3 more 8 oz. (large glasses) of clear liquids, and then stop drinking.
- After drinking remainder of prep, take 125 mg Simethicone (Gas X).

Three hours before procedure:

- Nothing further by mouth, with the exception of any medications. Medications may be taken with small sips of water.

Day of procedure:

- You will need a ride home from the hospital. Hospital policy requires a responsible person over the age 18 to provide transportation after your procedure. No taxis or public transportation acceptable. Failure to comply may result in cancellation of procedure.
- Drink at least 6 more 8 oz. glasses of clear liquid prior to bedtime.

Day following procedure

- May begin driving or operating machinery.